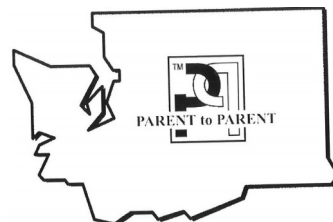


April 2021



## Island County Parent to Parent Newsletter



Transition &  
Resource Fair

## Island County Transition & Resource Fair!

Wednesday, April 14th 5:00pm-7:00pm

Why fit in  
when you were born to  
**STAND OUT!**  
--Dr. Seuss

OAK HARBOR PUBLIC SCHOOLS AND THE ISLAND COUNTY TRANSITION COUNCIL PRESENT:  
THE ANNUAL TRANSITION AND RESOURCE FAIR (VIRTUAL EDITION)

**VIRTUAL PRESENTATIONS INCLUDE:**

- \*BENEFITS SECURITY
- \*SOCIAL SECURITY STRAIGHT TALK
- \*PEOPLE FIRST ADVOCACY
- \*WORK/SCHOOL COLLABORATIVE OPPORTUNITIES

**\*INFO ON GUARDIANSHIP AND OTHER SPECIAL NEEDS LEGAL CONCERNS**

**\*ALL ISLAND COUNTY STUDENTS AND RESIDENTS WELCOME\***

# IT'S ALMOST HERE!

**APRIL 14, 2021**

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Want to know more about Parent to Parent? Check out our website and Facebook page.

<https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx>  
[Various Resource Guides](#)

<https://www.facebook.com/islandcountyparent2parent>

**(360)632-7539 Call/Text**

### Open to all students and families in Island County

Virtually explore services in our community in the areas of  
Developmental Disabilities (DDA) Eligibility,  
Social Security (SSI and SSDI), Advocacy,  
Guardianship Options, Employment Services & Support,  
ABLE Savings Accounts and more!

- Google Meets Links Available Soon. Check our Facebook Page for more details. You will need a Gmail account to participate.

# It is never too early to think about the future

The Transition Resource Fair is a great opportunity to learn about different programs, several resources in our community and ask questions.

SUPPORTING STUDENTS

## TRANSITIONING TO ADULTHOOD

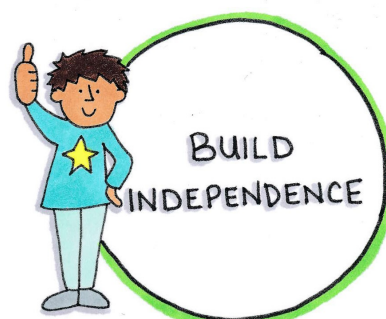
@kwiens62



BEGIN  
WITH THE  
END IN MIND



HAVE A  
PLAN &  
A PURPOSE



BUILD  
INDEPENDENCE



### DREAM BIG

- IMAGINE POSITIVE & POSSIBLE FUTURES
- CREATIVELY REMOVE BARRIERS



### PRESUME COMPETENCE

- EVERYONE CAN LEARN & GROW
- COMMUNICATE HOPE



### START EARLY

- BEGIN TODAY
- BE PATIENT



### KNOW THE "WHY"

- ENSURE YOUR STUDENTS KNOW THEIR "WHY"
- FIND OPPORTUNITIES EVERYWHERE



### START WITH STRENGTHS

- RECOGNIZE WHAT YOUR STUDENT CAN DO
- BUILD & EXPAND ON THESE AREAS



### TAKE SMALL STEPS

- SCAFFOLD LEARNING
- CELEBRATE SMALL SUCCESSSES



### START WITH RELATIONSHIPS

- BUILD TRUST
- OFFER UNCONDITIONAL POSITIVE REGARD



### CREATE SYSTEMS

- DO TASK ANALYSES
- BUILD ROUTINES & SCHEDULES



### USE VISUALS

- TRANSFER FROM SCHOOL TO COMMUNITY
- TRANSFER FROM PERSON TO PERSON

## When does high school transition begin?

## What do goals look like and what do parents need to think about?

When it comes to planning for life after high school, there's a lot to think about. Comprehensive Transition Toolkits available on <https://informingfamilies.org/topic/high-school-transition/>

- \* Independent Living
- \* Employment
- \* Post-Secondary Education
- \* Health & Safety
- \* Social

- \* Financial
- \* Legal
- \* Housing
- \* In-Home Support.

Another transition topic that can sometimes be overlooked but is just as important is

# Pediatric Healthcare to Adult Healthcare.



## SYSTEM DIFFERENCES BETWEEN PEDIATRIC AND ADULT HEALTH CARE

System Characteristics	Pediatric	Adult
Orientation to Care	Growth and development	Maintenance of well-being with aging
Practice Approach	Family-centered; shared decision-making with parents	Patient-centered; shared decision-making with young adult
Primary Care Practice Patient Population	Majority of patients do not have chronic conditions	Majority of patients have chronic conditions
Specialty Clinic Affiliation/Location	Most pediatric specialty clinics located in children's hospitals	Most adult specialty practices located in private office-based settings
Multidisciplinary Staffing	Most pediatric specialty clinics are co-located with other specialists and can offer ancillary therapies	Most adult specialty clinics are not co-located with other specialists and need to refer out to other specialists and ancillary therapists
Availability of Care Coordination	Most pediatric subspecialty clinics and many pediatric primary care practices have care coordination services. Several public care coordination programs (e.g., State Title V program) are available for youth with specific chronic conditions	Few adult specialty clinics and even fewer adult primary care practices have the availability of care coordination services. Few public care coordination programs are available for adults with chronic conditions
Length of Appointment	Longer time	Shorter time
Time Alone	Sometimes for part of visit	Legally required for confidentiality over age 18, unless young adult gives permission for others to be present
Patient Role as Self Advocate	Less, given parental support/presence during visit	Essential
Patient Role in Making Appointments and Medication Refills	Parent handles	Patient handles
Adherence to Care	Offer more reminders and work arounds (e.g., using shots or intravenous medications); provider has legal option of contacting protective services if needed	Expectation of adherence; up to patient to follow treatment/medication recommendations; provider has no legal options
Medication Dosage	Depends on weight	Commonly one adult dose, but occasionally related to weight
Use of Pain Medications	More liberal availability	More restrictive availability
Time in Care System	Usually about 20-25 years	Average 50+ years

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# April 2nd is Autism Awareness & Acceptance Day

**Lots of great resources available to you and your family.**

- ◇ Check out our **NEW Island County Autism Resource Guide** available on our website [www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx](http://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx)
- ◇ Seattle Children's Autism Center offer live and recorded classes/workshops (206)987-8080 [www.seattlechildrens.org/clinics/autism-center/](http://www.seattlechildrens.org/clinics/autism-center/)
- ◇ University of Washington Autism Center (877)408-UWAC [www.depts.washington.edu/uwautism/](http://www.depts.washington.edu/uwautism/)
- ◇ Ben's Fund [www.bensfund.org/](http://www.bensfund.org/)
- ◇ Autism Society [www.autism-society.org/](http://www.autism-society.org/)
- ◇ Autism Society Washington [www.autismsocietyofwa.org/v2/](http://www.autismsocietyofwa.org/v2/)
- ◇ Autism Speaks [www.autismspeaks.org/](http://www.autismspeaks.org/)
- ◇ Washington State Dept of Health Autism Guidebook [www.doh.wa.gov/youandyourfamily/illnessanddisease/autism](http://www.doh.wa.gov/youandyourfamily/illnessanddisease/autism)
- ◇ Autism Speaks Response Team: ART (888)AUTISM2 is an information line for the autism community. Specially trained to provide personalized information and resources to people with autism and their families. Mon-Friday between 9 a.m. and 5 p.m. in all time zones. Live chat is also available between 9 a.m. and 7 p.m. ET.



If you have concerns about your child's development, talk to their doctor. Developmental screenings are during the child's well child check. Autism-specific screening is at 18 and 24 months. Talk to your child's doctor if you have any developmental concerns, no matter what age. You know your child best. You are your child's voice.

## Did you know that often people that are diagnosed with Autism Spectrum Disorder have comorbid issues as well?



ADHD, anxiety, and depression are the most commonly diagnosed comorbidities, with anxiety and depression being particularly important to watch for in older children, as they become more self-aware.

Many with ASD experience sleep disturbances, gastrointestinal (tummy issues), seizures and sensory issues that interfere with daily life such as noises, lighting, haircuts, dentist, elopement and others. Check with your child's physician if you have concerns with any of these issues. There could be options to help manage each challenging issue rather than it being lumped in under Autism Spectrum Disorder.

# Updated Autism Data and Statistics

About **1 in 54** children has been identified with autism spectrum disorder (ASD) according to estimates from CDC's Autism and Developmental Disabilities Monitoring.



## **Prevalence in Children**

1 in 54 published 2020

1 in 68 published in 2014

1 in 110 published 2009

Data from Center for Disease Control

ASD is more than 4 times more common among  
boys than among girls

**1 in 34 Boys**

**1 in 145 Girls**



The 9th annual Community Summit will feature weekly webinar sessions beginning on May 6th and running through June 24th, 2021.

Includes: Presentations, social events, and panel discussions on the themes of Resilience, Equity, and Inclusion.

Webinars are free of charge and open to all who share in the goals of the Community Summit.

The Summit website and registration will open Mid-April. Visit the Summit Facebook page for announcements. [www.facebook.com/thecommunitysummit](https://www.facebook.com/thecommunitysummit)

The 2021 Community Summit Webinars will take place on the following dates:

May: 6th, 10th, 13th, 20th, 24th, and 27th

June: 6th, 10th, 17th, and 24th

DSHS Developmental Disabilities Administration and our partners Wise, DVR, and Washington State Counties are pleased to announce the 2021 Community Summit Webinar Series Dates & Keynotes! For more information contact Mike Etzell (360)678-7883 [mikeet@islandcountywa.gov](mailto:mikeet@islandcountywa.gov)

## Accessible Communities Committee of Island County Needs Your Input!

**Who we are:** A sub-committee operating under the Governor's Committee on Disabilities tasked with helping our communities be more welcoming and inclusive for persons with disabilities. We're seeking self-advocates, family members, providers and community members to join our committee.



**Our mission:** To identify barriers that people with disabilities, or at risk, experience while living or visiting Camano and Whidbey Islands. Funds are available upon approval of project through the Governor's Committee. We would love to hear your experiences and suggestions for future projects that would benefit our communities. See <https://accessiblecommunities.wa.gov/>

**When we meet:** 3rd Wednesday of the month via Zoom 1:00-2:00pm

**Contact:** Tiffany Wheeler-Thompson, Island County Parent to Parent Coordinator  
[t.wheeler-thompson@islandcountywa.gov](mailto:t.wheeler-thompson@islandcountywa.gov) or call/text (360)632-7539.

### Examples of projects already approved and completed:

Island Transit Bus Stop Seats—making travel on the island more accessible to those that cannot stand for long periods of time or need a resting seat while waiting for their bus to arrive.

Island County Behavioral Health Resource Guide—A comprehensive list of resources for behavioral health services and support in Island County and beyond. Primarily used for first responders on calls that could benefit from a list of resources and other residents in Island County.

### Coffee & Conversations

Casual **Virtual** gatherings offered Daytime -  
**1st Wednesday of the month.** 11am-Noon and Nighttime  
**2nd Wednesday of the month.** 6:30-7:30pm. Call/text/  
email Tiffany with questions and to receive the Zoom link for  
the meetings. **(360)632-7539**

### PAMI Padres Apoyando Motivando Informando

Grupo de apoyo en Español para familias de niños con necesidades especiales. **Primer Martes** de cada mes.  
Laiza **(787)529-6788**

### Whidbey Functioning Autism Social Group

We are an informal group that provides support, information and social fun for individuals on the Autism Spectrum. Contact Todd Brehmer [finart@whidbey.net](mailto:finart@whidbey.net)

**People First** Adults with disabilities that want to meet others with disabilities, build friendships, and promote inclusion in their community. Contact Call/text for more info  
**(360)720-4918.**

### Heritage Adventurers

A friendship group for 18 and over on Whidbey Island meets for outings and events Sue Andrew at **(360)321-5748**

**Flying Fingers** Deaf and Hard of Hearing Social. Contact Susan for more details. **(360)221-0383**

## Island County Parent to Parent

### Support & Resources for Special Needs

#### Families in Island County

Tiffany Wheeler-Thompson, Coordinator

PO BOX 5000 Coupeville, WA 98239

**(360)632-7539 call/text**

[t.wheeler-thompson@islandcountwa.gov](mailto:t.wheeler-thompson@islandcountwa.gov)

\*\*Check us out on Facebook for up-to-date resources, information and activities \*\*

[www.facebook.com/islandcountyparent2parent](https://www.facebook.com/islandcountyparent2parent)

#### We have resource guides on our website:

\*Island County Parent to Parent Disability Resource Guide

\*Parent to Parent Autism Resource Guide

\*Island County Behavioral Health Resource Guide.

<https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx>

